



\*Schedule is subject to change based on presenter availability –  
 Every time you join a **workout, demo or challenge** you receive  
 an **instant prize** or become eligible for a **grand prize** of a larger value!

	SATURDAY	Prize	SUNDAY	Prize
10:00	<b>P90X</b> With Lauren Saks	FitnessFest Drawstring Bag	<b>Spartan Strong – Spartan in Studio</b> Johanna Littlejohn	Spartan T-Shirts
11:00	<b>Celebrity Bootcamp</b> Featuring Celebrity Trainers Eric the Trainer, Corey Calliet, Lita Lewis, Amy Rosoff Davis, and Chris Shelton <i>Sponsored by Celebrity Sweat</i>	C-Sweat Swag	<b>Innovation Circuit</b> With <b>NETFLIX Strong</b> Trainers Wes Okerson & Adam Von Rothfelder <i>Sponsored by Inspire Fitness</i>	Inspire T-Shirt
12:00	<b>Challenge Workout</b> <i>Sponsored by Herbalife 24</i> Sara Haley	H24 Swag	<b>Challenge Workout</b> <i>Sponsored by Herbalife 24</i> Sara Haley	H24 Swag
12:30	<b>Zumba® Dance Party</b> Eliza Stone	50% off Next Zumba Training	<b>STRONG by ZUMBA®</b> Alex McLean	50% off Next Zumba Training
1:00	<b>StingFIT by Scorpio Liberates™</b> Federico Canello	Squat Challenge \$50	<b>Lean &amp; Lifted HIIT Workout</b> <i>Sponsored by Monster Hydro</i> Lindsey Harrod	Yoga Mat & Monster Hydro Swag
1:30	<b>Core &amp; Cardio</b> <i>Featuring Cardio Bandz</i> G-Train Fitness Hermosa Beach Team	Grand Prize- Cardio Bandz	<b>Resistance &amp; Boxing</b> <i>Featuring Cardio Bandz</i> G-Train Fitness No. Hollywood Team	Grand Prize- Cardio Bandz
2:00	<b>Ultimate Athlete Bootcamp</b> D’Juan Woods & Michael Myers	Two winners get UAB T-Shirt	<b>EB30x Couch to Burpees Contest</b> With Eric Bassett <i>Sponsored by Sweet Sweat</i>	Sweet SWEAT Money Bag
2:30	<b>Billy Blanks - TaeBo®</b> <i>Presented by Celebrity Sweat</i> Featuring Billy's BoomBoxing	C-Sweat Prize	<b>Billy Blanks - TaeBo®</b> <i>Presented by Celebrity Sweat</i> Featuring Billy's BoomBoxing	C-Sweat Prize
3:15	<b>Product Palooza</b> <i>Featuring TheFitExpo Exhibitors</i>	Cash & Prizes	<b>Product Palooza</b> <i>Featuring TheFitExpo Exhibitors</i>	Cash & Prizes
3:30	<b>Inspired Cycle Ride</b> <i>With Inspire Fitness™ IC Bikes</i> *limited to first 10	T-Shirts	<b>Inspired Cycle Ride</b> <i>With Inspire Fitness™ IC Bikes</i> *limited to first 10	T-Shirts
4:00	<b>Arm Dancing</b> Amy Rosoff Davis	Sweat Towel	<b>DFam3D Dance Off for Cash</b> Dance Fever 3D	\$100 Cash
4:30	<b>WOW the Crowd Dance Fitness Contest</b>	\$150 Cash & Prizes		